

Watertown Senior News

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Watertown Council on Aging/Senior Center

31 Marshall St.

Watertown, MA 02472

617-972-6490

www.watertown-ma.gov

MAY 2016

COA/SENIOR CENTER STAFF

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APPLY FOR Your NEW Senior or T.A.P. Charlie Card

Staff from Senator William Brownsberger's office will be on hand to issue MBTA Senior and Transportation Access Pass (TAP) CharlieCards, and to help with questions regarding the MBTA'S automated fare collection system.

WHEN: Wednesday, May 11th 10:00 am - 12:00

WHERE: Watertown Senior Center
31 Marshall

New Senior CharlieCard ID's will be processed for first-time Seniors (65+ with proof of age). Your new card will arrive by mail.

Senator Brownsberger's staff will not be renewing senior CharlieCards. This can be done easily by calling 617-222-3200. They will mail your new card.

This service was requested and setup through the office of State Senator, William Brownsberger. For more information call the Center 617-972-6490.

THE WATERTOWN SENIOR CENTER

IS NOT CLOSING!

The Council on Aging is aware that some misinformation has been circulating that the Senior Center was closing.

Nothing could be further from the truth.

There was never any talk or consideration given about the Senior Center being closed.



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Senior Center Birthday Party

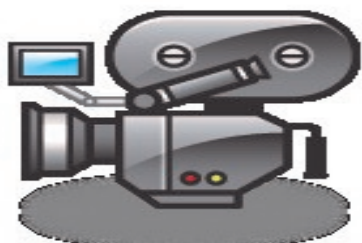
When: Friday, June 10th 11:30 - 3:30

Where: Watertown Senior Center, 31 Marshall St.

We'll have music, line dancing, door prizes, a raffle, the Mellowtones, and full delicious luncheon including ice cream and Birthday Cake! So come join us and bring along a friend!

Tickets are on sale now at the Senior Center and the cost is \$14.00





May Movie Matinee

Relax and enjoy a movie in our comfortable lounge Thursday afternoons at 1:00 p. m.



5/5 I'll See You In My Dreams –



Set in sunny southern California Carol is a widow and her grown daughter has gone away. All this former songstress has left now in life is wine drinking and card

games with her gal friends and regular visits from her pool boy. All of a sudden widower Bill, who lives on a boat, enters. Soon passion and sparks of romance happen between them and it's really fun and engaging! Still, in the end, Carol will again have to take a new direction and new path. Overall this film is touching, uplifting with new hope, while showing the real sadness of time passing with age and life, as it proves dreams just might be our only hope. Cast: Blythe Danner, Martin Starr, Sam Elliott 2015 PG-13 95 mins

5/12 The Danish Girl - In 1930,



Danish painter Einar Wegener elects to have gender reassignment surgery, with the blessing of his wife, Gerda. This true-life narrative of personal courage also sheds

light on the medical origins of transsexual surgery. Cast: Eddie Redmayne, Alicia Vikander, Ben Whishaw 2015 R 120 mins

5/19 You Can't Take It With You

- In this Frank Capra classic, To-

ny and Alice meet and fall in love. But things are far from rosy: He's the son of a millionaire, and she and her wacky family live in a house that's in the way of the senior Kirby's construction project.



Will an office building literally stand in the way of true love? Cast: Jean Arthur, Lionel Barrymore, James Stewart 1938 NR 126 mins

5/26 Brooklyn - After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian.

But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations -- and two men. Cast: Saoirse Ronan, Domhnall Gleeson, Emory Cohen 2015 PG-13 111 mins



6/2 The Martian - Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney, must find a way to survive the planet's harsh environment – despite having only 28 days of supplies left. Cast: Matt Damon, Jessica Chastain, Mi-



chael Peña 2015 PG-13 130 mins



KNITTING AT THE SENIOR CENTER

The Senior Center Knitting Group is looking for people to join. Have you wanted to learn? Coordinator Esther Kearney is happy to teach you the basics of knitting and crocheting. Yarn is available. Our volunteers make baby items for the Watertown Family Network and basics items for Operation American Soldier. The class meets the third Wednesday of the month at 12:00. Come check us out!

*The Senior Center will be closed on
Monday, May 30
in observance of*



THE SPRINGFIELD MUSEUM!

Come join the Watertown seniors as they head to Springfield MA for an afternoon of exploring the Springfield Museums. First up is lunch at the Olive Garden. You can choose soup or salad to start and then your choices for lunch are: Lasagna Classico, EggPlant Parmigiana, or Fettuccine Alfredo with ice cream for dessert. Next we head to the Springfield Museums where you'll have at least 3 hours to explore the world-class museums, including Michele & Donald D'Amour Museum of Fine Arts and George Walter Vincent Smith Art, or you could visit the Dr. Seuss National Memorial Sculpture Garden.

WHEN: Thursday, May 19

LEAVE: 9:30 RETURN: 6:30

COST: \$67.00 which includes museum passes, lunch, and drivers trip. Sign up and pay at the Watertown Senior Center 31 Marshall St. **(Sign up early!)**

JUNE FLOWER TRIP

We start our day with a stop at the Christmas Tree Shop where you can find bargains for the summer. Next it's lunch at the beautiful Cyprian Keyes Golf Club. After lunch we head to the Tower Hill Gardens for an enjoyable afternoon strolling through their gardens.

WHEN: Thursday, June 23

LEAVE: 9:30 AM RETURN: 6:00 PM

Call the Senior Center at 617-972-6490 for your meal choices and the cost of the trip which will include your luncheon, garden tickets, and driver's tip.

Sign up and pay at the Watertown Senior Center 31 Marshall St.
(Sign up early to insure this trip runs!)

SENIOR CENTER FUNDRAISER!

Join us as the Senior Center sponsors a fun and relaxing evening where you can tap into your creative side painting a lovely 12 x 16 acrylic painting of a beach scene to take home and frame. Local artist and Senior Center art instructor, Dawn Scaltreto, will walk you through the steps to make a painting all your own, whether you are a beginner or not. All your supplies are provided, so bring along a friend.

WHEN: Thursday, May 26 from 5:30 pm - 7:30 pm. The cost is \$30 and the proceeds go to benefit the Senior Center and their programs.

A big thank you to Dawn for donating her time.



HEALTHY EATING FOR SUCCESSFUL LIVING

Learn, have fun, and improve your health at the same time. This program is for adults who want to learn more about how nutrition and lifestyle changes can promote better health. The USDA's MyPlate is used as a framework and classes provide recommendations for combining good nutrition with physical activity. We cover healthy choices in each of the food groups, appropriate portion sizes, and how to read labels. We also have making healthy meal planning choices as well as healthy strategies for restaurant dining.

This workshop meets for **six sessions and the cost is \$30 - there are some scholarships available**

WHEN: Wednesday mornings from 10:00 am - 12:30, from May 18 to June 22

WHERE: Watertown Senior Center, 31 Marshall St

Please commit to attending all six sessions.

Space is limited, so call the Watertown Senior Center at **617-972-6490** to reserve your place. *"This program is brought to you by Springwell and is funded in part by a grant from the Harvard Pilgrim Health Plan Foundation and the Massachusetts Executive Office of Elder Affairs. Scholarships may be available".*

Medicare's Free Preventive Services

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. Many of these services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO.

Some of the free services include:

- | | |
|---|----------------------------------|
| Colorectal cancer screening (including colonoscopies) | |
| Mammograms | Pap tests and pelvic exams |
| Bone mass measurements | Cardiovascular screening |
| Flu and pneumonia shots | Depression screening |
| Alcohol misuse screening and counseling | Obesity screening and counseling |

There are rules which state when and how often Medicare will pay for the above services. Medicare also covers a "Welcome to Medicare" visit and then Annual Wellness Visits in following years. However, these visits are not the same as an annual physical exam. Annual physicals are not covered by Medicare, but they are covered by Medicare Advantage plans. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

For further assistance with any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

We're on the Web!

www.watertown-ma.gov



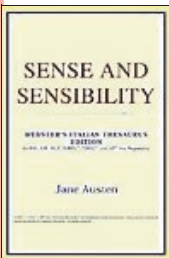
COUNCIL ON AGING BOARD

The COA Board will meet next at 5:30 pm, Wednesday, May 11 at the Watertown Senior Center, 31 Marshall St.

THE SENIOR CENTER BOOK CLUB

WHEN: 9:30 a.m. Wednesday, May 18

to discuss *Sense and Sensibility* by Jane Austen. Copies of the book are available at the Watertown Free Public Library. *Sense and Sensibility* is a novel by Jane Austen, and was her first published work when it appeared in 1811 under the pseudonym "A Lady". A work of romantic fiction, better known as a comedy of manners, *Sense and Sensibility* is set in southwest England, London and Kent between 1792 and 1797, and portrays the life and loves of the Dashwood sisters, Elinor and Marianne. The novel follows the young ladies to their new home, a meagre cottage on a distant relative's property, where they experience love, romance and heartbreak.



METRO WEST LEGAL

An attorney from Metro West Legal Services will offer office hours on Friday, May 20 from 10:00 am - 12:00 pm. Appointments are required. Contact the Senior Center at 617-972-6490 to schedule an appointment.

MEDICAL UPDATE

Medical screenings listed below are all held on Thursday mornings



May 12 - Hearing Screening with hearing specialist Steve Bennett from Miracle Ear. Already have a hearing aid - he will clean them for you and replace the batteries at no charge. Call the Senior Center at 617-972-6490 for an appointment.

May 19 - Podiatry Clinic - at 11:00 a.m. Toenails, corns, callus care only. **The cost for this service is \$25.00 payable to Dr. Alper.** Insurance is not accepted.

May 26 - Blood Pressure by Linda Micklay, R.N. From CareGroup Home Care in order of sign-in **starting at 9:30 a.m.** There is no charge for this service but donations to the Senior Center are appreciated.

THE NEW ABNORMAL - FINANCIAL STRATEGIES FOR TODAY'S RETIREE

Come to a workshop where we will discuss: income strategies, how to keep stock market risk in check & your portfolio under control, key Medicare & health insurance strategies to keep your costs down, how to cut your tax bill, how to avoid real estate mistakes while down-sizing, & 3 ways to organize and protect your "stuff". Join experienced financial expert Chris Grande, MSIM, RMA with guest speaker and Medicare expert Lindsay Quillen, MSW, LCSW and veteran elder law & estate planning attorney Dale Tamburro JD as we discuss ways for you to fight back financially and improve your financial position through smart strategic steps. We will serve lunch & look forward to having you join us.

WHEN: Wednesday, May 4th

TIME: 11:00 AM







(duration 90 mins)

Watertown Senior Center 31 Marshall St.

Please call to reserve your space at 617-972-6490.



MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR CENTER 2 9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 3 SENIOR CENTER 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 4 11:00 Lecture: Chris Grande The New Abnormal Financial Strategies – MUST Pre-Register 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 5  10:00 Yoga Class 11:00 Games 1:00 Movie: I'll See You In My Dreams	COA SHOPPING BUS 6 SENIOR CENTER 10:00 Bingo 10:40 Exercise Class 12:30 Tai Chi
SENIOR CENTER 9  9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 10 SENIOR CENTER 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage	COA SHOPPING BUS 11 SENIOR CENTER 10:00 Apply for NEW Senior or T.A.P. Charlie Card sponsored by State Sen. Brownsberger 11:00 Exercise Class 12:30 Whist 5:30 COA Board mtg	SENIOR CENTER 12 9:30 Hearing Screen (by appt) 10:00 Yoga Class 11:00 Games 1:00 Movie: The Danish Girl Miller's Ale House Fundraiser	COA SHOPPING BUS 13 SENIOR CENTER  10:00 Bingo 10:40 Exercise Class 12:30 Mellowtones 12:30 Tai Chi
SENIOR CENTER 16 9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 17 SENIOR CENTER 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage	SENIOR CENTER 18 9:30 Book Club 10:00 Healthy Eating for Successful Living /Pre-Register 11:00 Exercise Class 1:00 Knitting 12:30 Whist	SENIOR CENTER 19 Springfield Museum Trip 10:00 Yoga Class 11:00 Podiatry Clinic 11:00 Games 1:00 Movie: You Can't Take It With You	COA SHOPPING BUS 20 SENIOR CENTER 10:00 Bingo 10 – 12 Legal Aid (by appt) 10:40 Exercise Class 12:30 Mellowtones 12:30 Tai Chi
SENIOR CENTER 23 9:30 Art Class 11:00 Exercise Class <u>LUNCH M-F</u> 11:30 Woodland Towers 1:00 Bridge	COA SHOPPING BUS 24 SENIOR CENTER 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage The Chateau - Fundraiser	COA SHOPPING BUS 25 SENIOR CENTER 10:00 Healthy Eating for Successful Living /Pre-Register 11:00 Exercise Class 12:30 Whist	SENIOR CENTER 26 9:30 Blood Pressure 10:00 Yoga Class 11:00 Games 1:00 Movie: Brooklyn 5:30 Paint Night Fundraiser Pre-Register	COA SHOPPING BUS 27 SENIOR CENTER 10:40 Exercise Class 12:30 Mellowtones
SENIOR CENTER 30 CLOSED 	COA SHOPPING BUS 31 SENIOR CENTER 9:30 Zumba Gold 10:00 Watch Our Weight 10:00 SHINE (by appt) 11:15 Line Dancing 12:30 Cribbage			Help support the Watertown Senior Center programs by participating in the Paint Night or restaurants fundraisers'. We also have days in June at Not Your Average Joes. Don't have a flyer? Just take a picture and bring that in to show to your waitress.

WATERTOWN SENIOR CENTER FUNDRAISERS!

Help support the Senior Center while enjoying delicious food or tapping into your creative side.

On Thursday, May 26th Dawn Scaltreto will host a “Paint Night” at the Senior Center from 5:30 - 7:30 pm. Our painting will be a Summer Beach Scene and the cost is just \$30.00 which includes all materials.

Going out to eat? Choose one of the restaurants below on the date shown and they’ll donate a portion of your bill to the Center. It’s easy, great food, and a night out. Copies of the form you need are in the newsletter, on-line, at the Senior Center, and various places in Town.

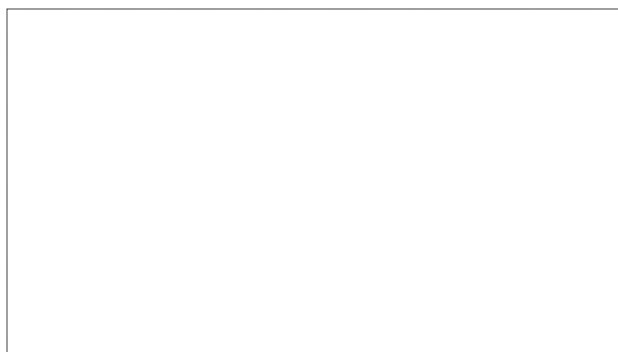
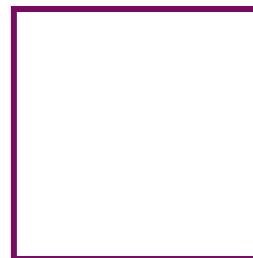
May 12 Miller’s Ale House in Watertown from 11 am - 1 am

May 24 the Chateau Restaurant in Waltham from 11:15 - close

June 7, 14, 21, & 27 Not Your Average Joe’s in Watertown (ALL DAY)

Watch for our Antique’s Appraisal Fundraiser in the Fall!

**WATERTOWN COUNCIL ON AGING
SENIOR CENTER
31 MARSHALL ST.
WATERTOWN, MA 02472**



WATERTOWN SENIOR CENTER FUNDRAISERS!

Going out to eat? Choose one of the restaurants below and on the back side on the date shown and they'll donate a portion of your bill to the Center. It's easy, great food, and a night out. Copies of the form you need are in the newsletter, on-line, at the Senior Center, and various places in Town. You may also take a picture of the form to bring instead.

Thursday 5/12/16

Time: 11:00 AM – 1:00 AM

Sponsored by Miller's Ale House

Watertown Council on Aging Senior Center

MILLER'S ALE HOUSE

617 ARSENAL ST. - WATERTOWN, MA 02472

TAKE OUT ORDERS INCLUDED * TO ORDER CALL 617-926-2500

ONLY ONE TICKET PER GROUP NEEDED * DOES NOT APPLY TO DELIVER ORDERS

Tickets are not to be distributed in the restaurant or on restaurant property. Thank you.

Tuesday 5/24/16

Time: 11:15 AM – CLOSE

SPONSORED FUNDRAISER

20% OF FOOD AND BEVERAGE PROCEEDS TO BENEFIT:

Watertown Council on Aging Senior Center

CHATEAU RESTAURANT OF WALTHAM – ITALIAN FAMILY DINING

195 SCHOOL STREET – WALTHAM, MA 02451

TAKE OUT ORDERS INCLUDED * TO ORDER CALL 781-894-3339

ONLY ONE TICKET PER GROUP NEEDED * DOES NOT APPLY TO DELIVER ORDERS

Tickets are not to be distributed in the restaurant or on restaurant property. Thank you.

Thursday 5/12/16

Time: 11:30 AM – 10:00 PM

Sponsored by Not Your Average Joe's
Watertown Council on Aging
Senior Center

NOT YOUR AVERAGE JOE'S

55 MAIN ST. - WATERTOWN, MA 02472

TAKE OUT ORDERS INCLUDED * TO ORDER CALL 617-926-9229

Tickets are not to be distributed in the restaurant or on restaurant property. Thank you.